

SEPT
08
2014

FITTER RADIO EPISODE 023:

WORKOUT OF THE WEEK

Training with power and the benefits of training with a power meter.

THE 5 MINUTE FOCUS

Bev chats to Joe McQuillan, Exercise Physiologist at Waikato University. Joe has been instrumental in bringing the “Power Guru” Hunter Allen to New Zealand in September/October to conduct Workshops in both Auckland and Christchurch and a 2 day Symposium in Cambridge. Joe tells us more about them and offers listeners discounted entry to both the Workshops and the Symposium plus the chance to win a FREE entry to one of the Workshops. See links below for details and where to buy tickets.

ONE STEP AHEAD

The benefits (or otherwise) of using coconut water

HOT PROPERTY INTERVIEW

This week we are really excited to be able to bring you an interview with Danish triathlete Helle Frederiksen. Helle is part of the Uplace-BMC Pro Triathlon Team (<http://www.uplacebmctriathlon.com/>) and last week won the Hy-Vee 5150 US Champs in Des Moines, Iowa taking home the prize purse of \$100,000USD. Bevan spoke to Helle a few days before the race.



THE GEEK-OUT

Mikki gives us an overview of some of the most fascinating studies to have come out of the recent European College of Sports Medicine Conference including the “Sleep Low” study (low carbs after hard training sessions), ice slurries during racing, pacing and more!

GIVEAWAYS

We have TWO giveaways again this week. Firstly we are giving away a FREE ENTRY worth \$120 to one of the Hunter Allen Training Peaks Workshops (Auckland or Christchurch). To be in with a chance to win listen to this podcast and tell us what the acronyms CTL and ATL stand for. Email us on info@fitter.co.nz with your answers and you're in the draw to win!

Hunter Allen - TrainingPeaks and WKO4 NZ Tour -



And secondly you can win one of the amazing new “Floe Bottles” pictured below. To be in with a chance to win the Floe Bottle just like the picture on Facebook!



LINKS

Get tickets for Hunter Allen Training Peaks Workshops and the 2 day Cycling Symposium by clicking on the links below. **Remember: To qualify for a 15% discount off one of the workshops or to get \$20 off the price of the 2-day symposium you need to put the promo code 'fitter' in the box.**

University of Waikato 2 Day Cycling Symposium Friday 26/Saturday 27 September:

<http://www.eventbrite.co.nz/e/university-of-waikato-cycling-symposium-2014-tickets-12471950941?aff=es2&rank=1>

Christchurch Workshop Saturday 4 October: <http://www.eventbrite.co.nz/e/hunter-allen-trainingpeaks-and-wko4-nz-tour-christchurch-tickets-12596722135?aff=eac2>

Auckland Workshop Sunday 5 October: <http://www.eventbrite.co.nz/e/hunter-allen-trainingpeaks-and-wko4-nz-tour-auckland-tickets-12596720129?aff=es2&rank=2>

Visit Helle's page at <http://www.hellefrederiksen.com/>

More about the Floe Bottle at <http://www.floebottle.com/>

Read the article on The “Sleep Low” strategy here

<http://www.ecss2006.com/asp/congress/ScPro1AbstractText.asp?MyAbstractID=967>

Watch Nigel Latta's Sugar Episode here <http://tvnz.co.nz/nigel-latta/s1-ep6-video-6060553>

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